

Stress Management for Parents



**[insert presenter
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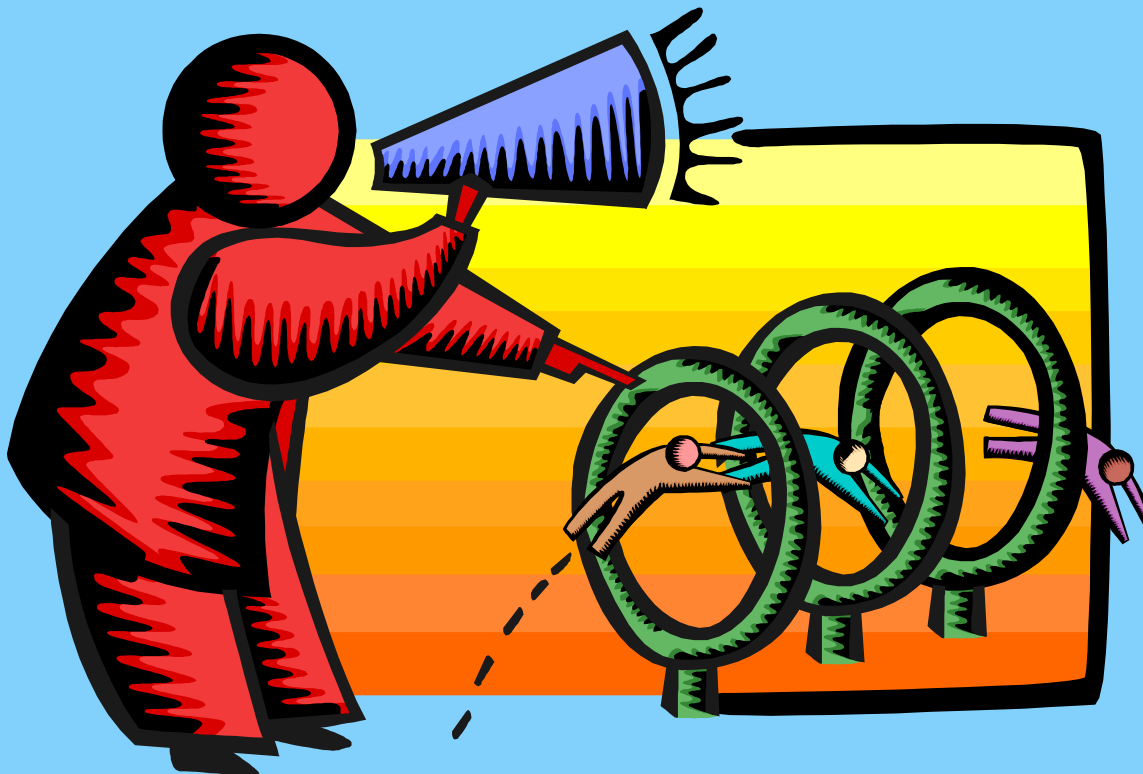
What is Stress?

- **Stress is a physical and psychological reaction to a situation that places pressure on an individual.**



STRESSOR

- Any life event which requires the person to adjust or adapt in some way



Sources of Stress for Parents

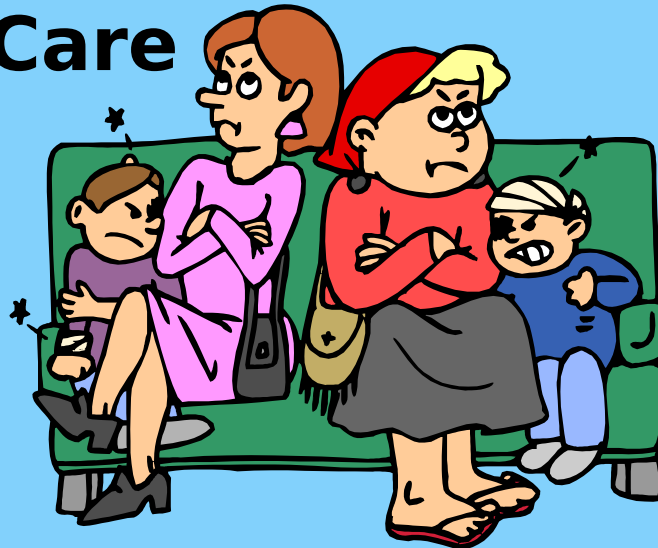
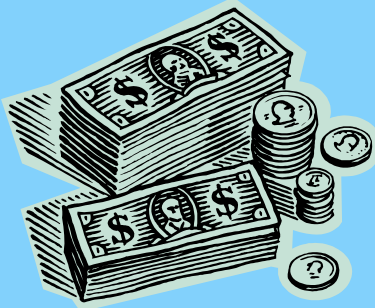
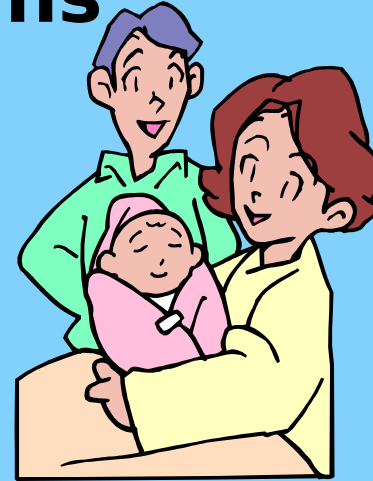
- Altered sleep patterns

- New routines

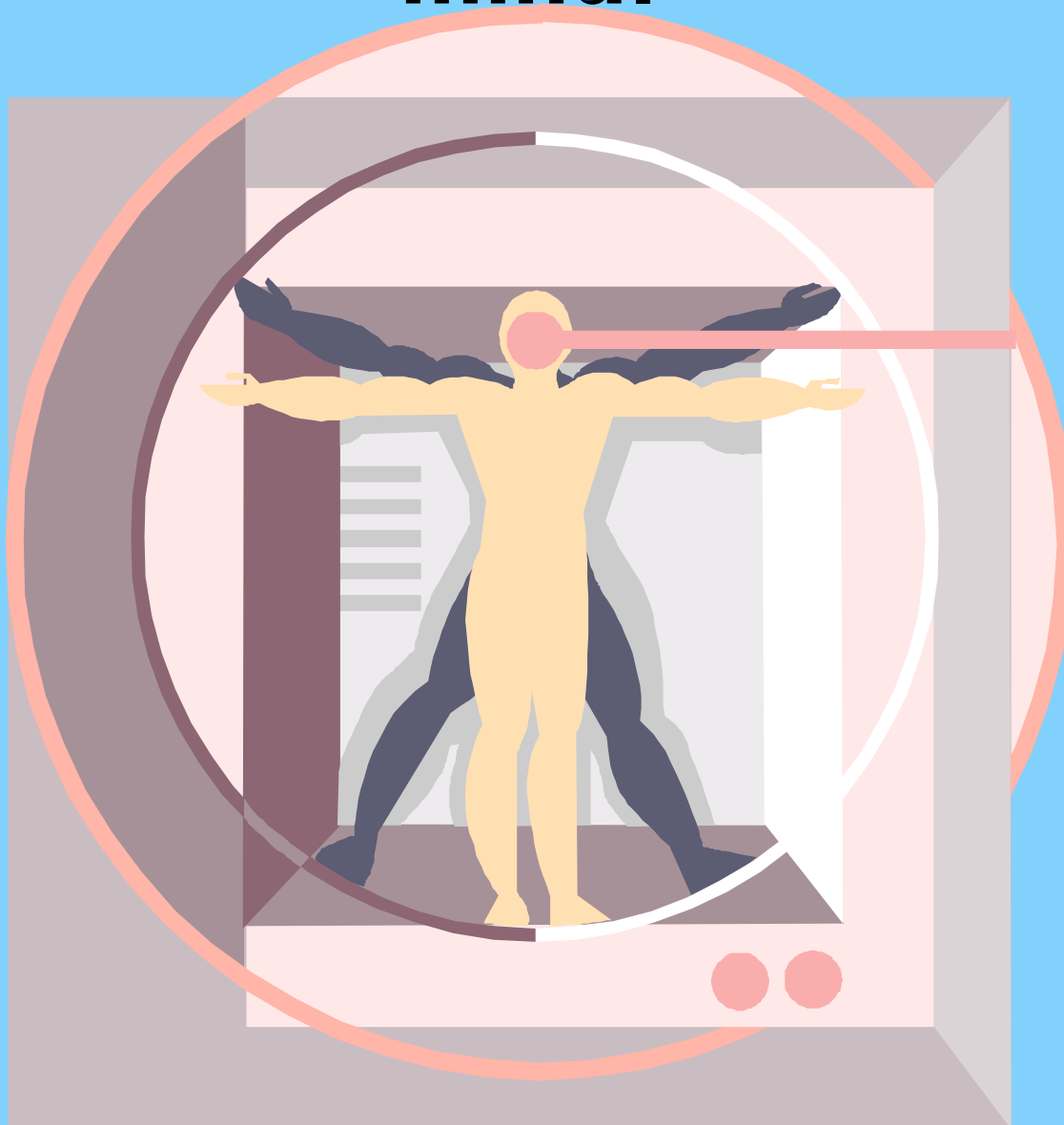
- Family visits

- Separation

- Finances/Child Care

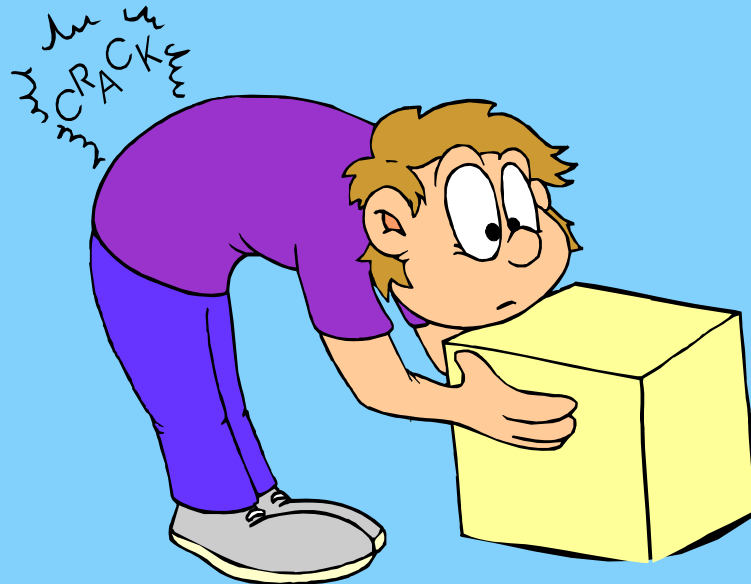


Stress effects the body and mind.



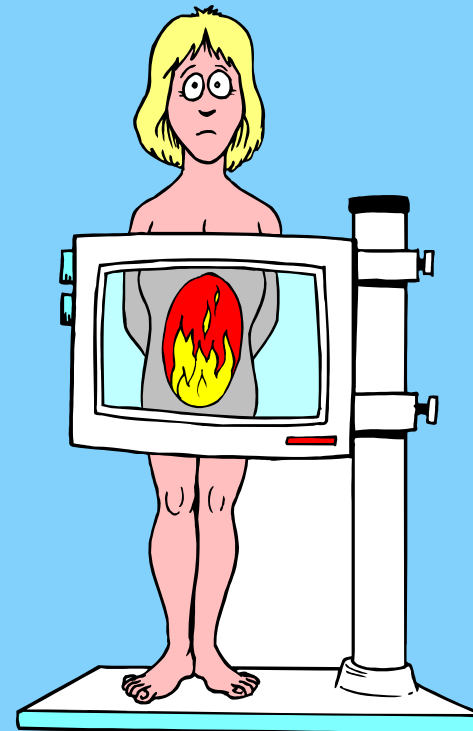
Common Reactions to Stress

- Sleep Disturbances
- Appetite Changes
- Muscle Tension
- Headaches
- Neck and Back Problems
- Fatigue
- Anxiety

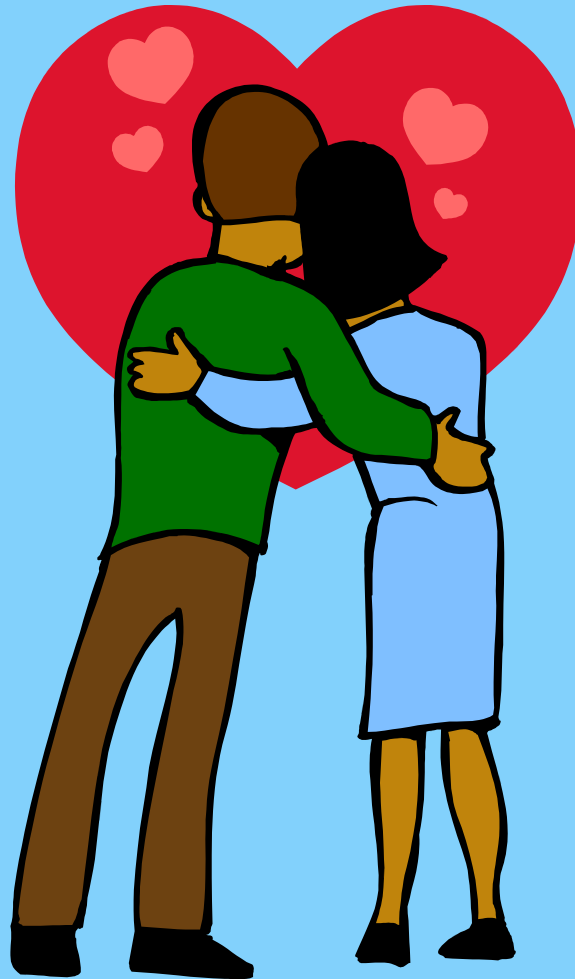


Common Reactions to Stress

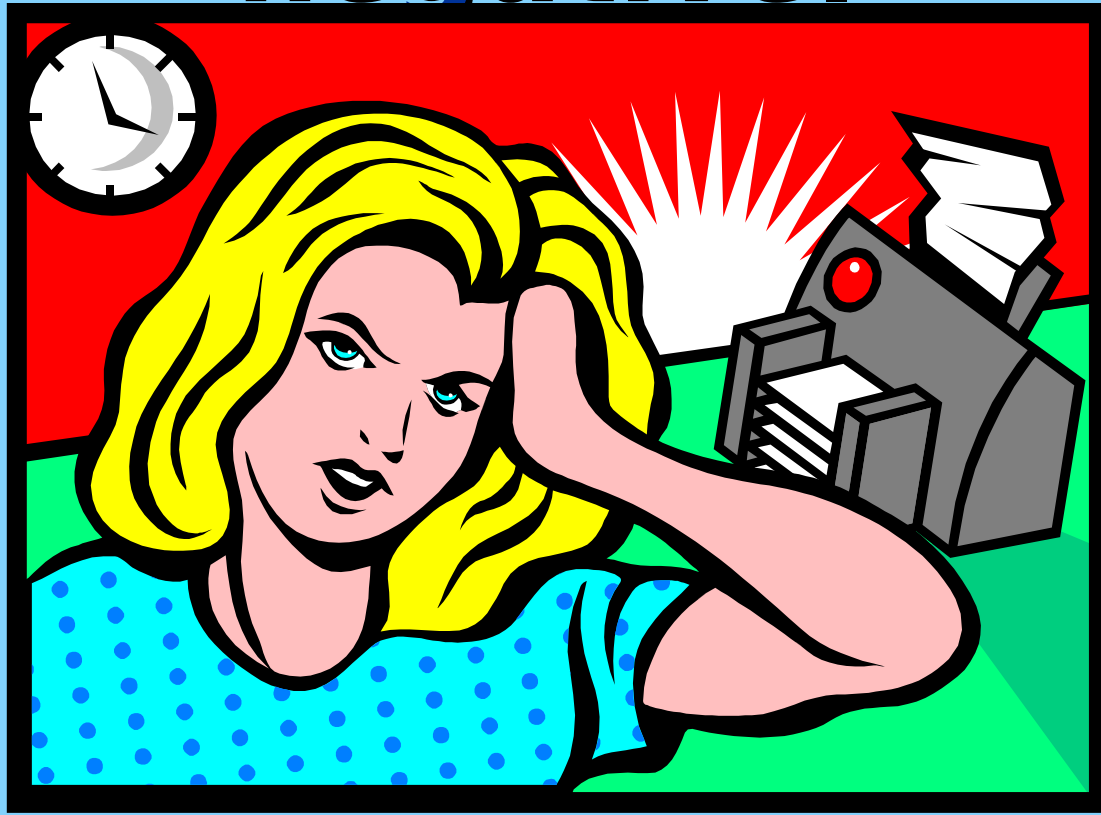
- **Exaggerated Startle Response**
- **Increased Irritability**
- **Restlessness**
- **Gastrointestinal Difficulties**
- **Significant Mood Changes**
- **Increased Blood Pressure**
- **Frequent Urination**



**The impact of stress
can be positive.**



**The impact of stress
can also be
negative.**

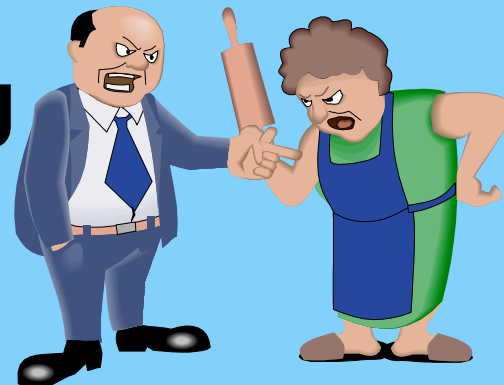


How do you cope with stress?



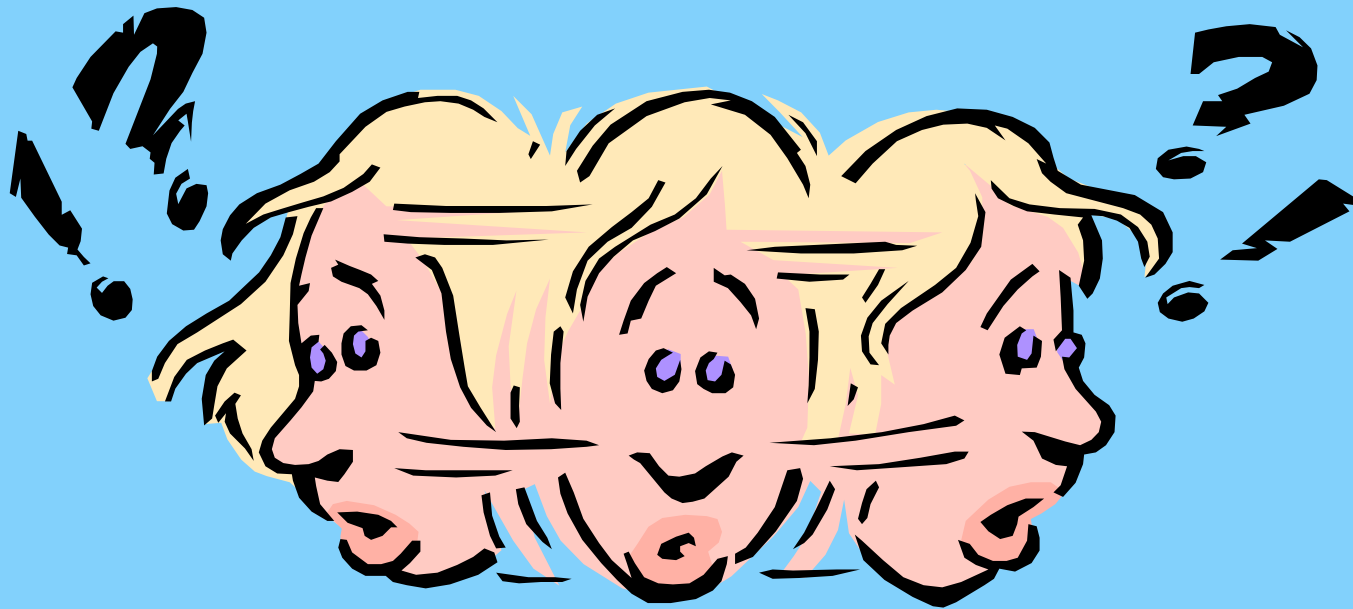
Ineffective Ways of Coping

- **Excessive Drinking/Substance Abuse**
- **Excessive Eating**
- **Excessive Smoking**
- **Avoiding Problem Situations**
- **Withdrawing from People**
- **Fighting/Arguing**
- **Procrastinating**



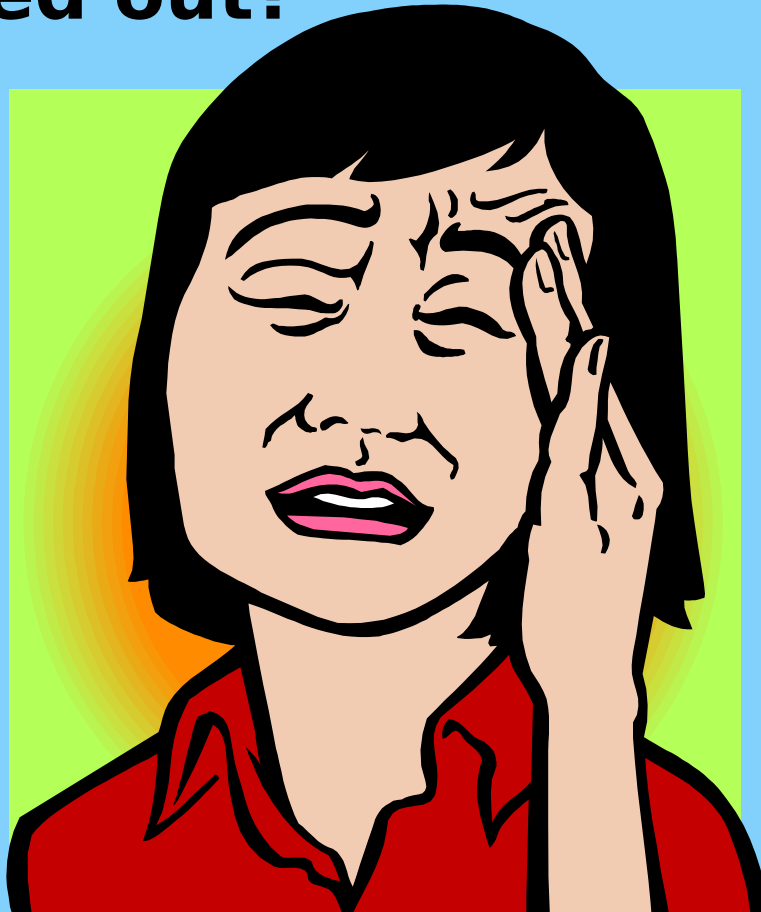
Be Aware

- Recognize when you are stressed

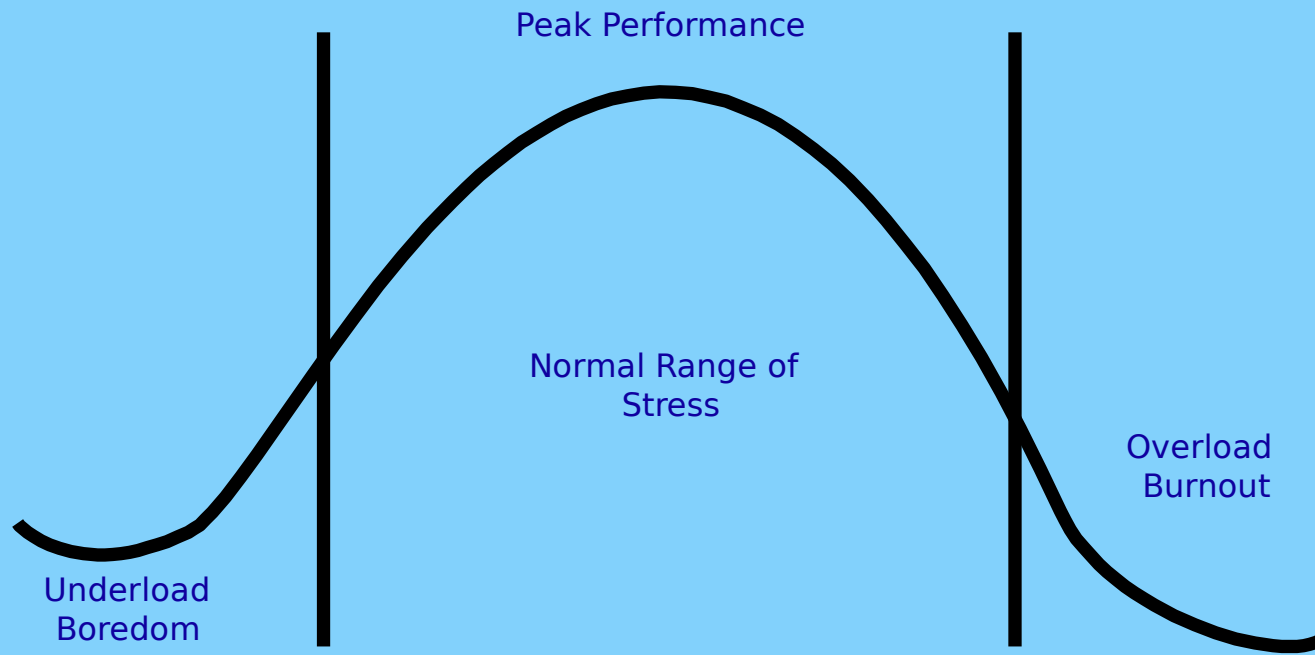


What are the symptoms of distress?

- What lets you know you are stressed out?



What is Your Optimal Stress Level?



**Practice reducing stress
through your personal
mental attitude.**



Laughter is Good Medicine

- Stress is tightening up
- Laughter is lightening up



Learn to RELAX



Physical coping strategies...



TOP 10 Stress Tips for New Parents

- **Recognize you're not alone**
- **Don't feel guilty**
- **Accept help**
- **Childcare**
- **Make your health a**
- **Postpone major decisions**
- **Try to sleep when you can**
- **Let some things go**
- **Take only the advice you value**

Get assistance from Army Community Services/Community Health Nurse or other professionals if needed.

Acknowledgements

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